

PAIN IN THE JOINTS

Rheumatic Pains Cease When Dr. Williams' Pink Pills Make New Blood.

The first sign of rheumatism is frequently a pain and swelling in one of the joints. If not combated in the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues. Sometimes rheumatism attacks the heart and is quickly fatal.

The one remedy that has cured rheumatism so that it stays cured is Dr. Williams' Pink Pills. These pills expel the poison from the blood and restore the system, so that the poisonous matter is passed off as nature intended.

Mrs. L. T. Pletcher, of No. 130 Monmouth street, Newark, N. J., suffered for about three years from rheumatism before she found this cure. She says: "It began with a queer feeling in my fingers. In a little time it seemed as though the finger joints had lumps on them and I could not get my gloves on."

"Then it grew worse and spread to my knees. I could not stand up and I could not sleep nights. My suffering was more than I can describe. I took a great deal of medicine, but nothing even gave me relief until I tried Dr. Williams' Pink Pills."

"I read an account of a cure in a case that was exactly like mine and my husband got me some of the pills. I took them for three weeks before I really felt better but they finally cured me."

Mr. Pletcher, who is a veteran and a member of E. D. Moore Post No. 307 of New York, substantiates his wife's statement and says that she now walks without difficulty, whereas a year ago he was compelled to push her about in a wheeled chair. Both Mr. and Mrs. Pletcher are enthusiastic in their praise of Dr. Williams' Pink Pills.

For further information, address the Dr. Williams Medicine Company, Schenectady, N. Y.

THE YOUNG IDEA

The teacher wished to impress the idea of the wrong of idleness. He led up to it by asking who were the persons who got all they could and did nothing in return. For some time there was silence, but at last a little girl exclaimed, with a good deal of confidence: "Please, sir, it's the baby!"

A discussion of the word hyphen was being held in a school. "Give me some word joined together by a hyphen," said the teacher to the class. Among others came the word bird-cage. "Yes," said the teacher, "and who do we put a hyphen between bird and cage?" "For the bird to sit on," answered one of the boys, promptly.

A school-teacher instructing her classes in grammar wrote this sentence on the board for correction: "The horse and the cow is in the lot." No one seemed to know what was wrong with it, till at last a little little boy raised his hand. "What is it, Johnny?" asked the teacher. "You should put the lady first," corrected Johnny.

A Boston public school-teacher was trying to give her pupils a definite idea of a volcano. With red chalk she drew on the blackboard fiery flames issuing from a mountain top. When the drawing was done she turned to the class before her and said: "Can any of you tell me what that looks like?" "It looks like hell, ma'am," replied one of the youngsters, with startling promptness.

In England elementary schools are organized for "girls" or for "infants." Of late years the "mixed" system has been introduced, and many of the schools have been organized as "senior" or "junior" mixed. An inspector recently met on the school stairs a little nondescript in a pinafore, and asked: "Come, what are you doing here? Are you in the boys or the girls?" "No, sir," said the small one, "I'm a junior mixed!"

LITTLE IRONIES OF LIFE

The only essay entered for the annual prize offered by the Parisian Academy of Moral and Political Sciences did not receive the award, as it was too illegible to read.

Sir Alfred Harmsworth offered \$500 reward for information which might lead to the arrest of a certain reckless motorist, who turned out to be Sir Alfred's brother.

Dying in poverty in a San Francisco hospital, Lucomb Seares received word that the British government had just allowed his claim of \$5,000,000 arising from losses during the Boer war.

Gen. Dokotouff, running upstairs to thank the minister of war for ordering him to the front (he had begged to be allowed to die a soldier's death), was slain by heart disease on the top step.

Worse Than the Disease. To commemorate the year's yellow fever epidemic a New Orleans couple named their baby Stegomyia Faciata Wilson.

THE LITTLE WIDOW

A Mighty Good Sort of Neighbor to Have.

"A little widow, a neighbor of mine, persuaded me to try Grape-Nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman, from San Bernardino Co., Cal.

"I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought relief."

"I liked Grape-Nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In 3 months my weight increased from 95 to 113 pounds, my nerves had steadied down, and I felt ready for anything. My neighbors were amazed to see me gain so rapidly, and still more so when they heard that Grape-Nuts alone had brought the change."

"My 4-year-old boy had eczema, very bad, last spring, and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-Nuts, which he relished at once. He improved from the beginning, the eczema disappeared, and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will willingly answer all inquiries."

Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in plain

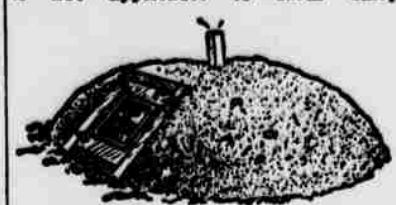


FARM CHEESE-MAKING.

A Process Which Can Be Carried Out on the Farm Without Too Much Trouble.

The Holland cheese, Gouda, is perhaps one of the easiest kinds to make in the farm. This cheese is of the sweet curd kind, quickly and easily made, is a good keeper and will cure in most any place where it is cool and damp.

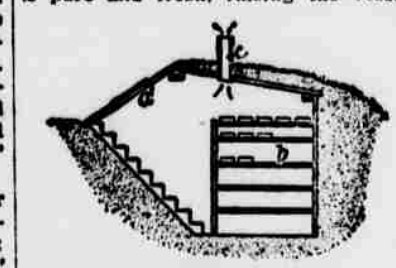
The ordinary process by which American cheese is made in factories is not applicable to farm dairy



EXTERIOR OF CHEESE CAVE.

Cheese making, because it requires too much time and is so complicated that it requires years of practice to become sufficiently familiar with the varying conditions in which milk comes to the vat. The various changes that take place in milk nearly all develop in the milk drawn in the evening and kept over until the following morning. So if milk is made into cheese immediately after it is drawn, no difficulty will be experienced and by employing a simple and short method of manufacture, anyone at all accustomed to handling milk can make uniformly a good cheese with the appliances found in any farm home.

The best time to make dairy cheese is immediately after milking. First pour the milk from one vessel to another in some locality where the air is pure and fresh, raising the vessel



INTERIOR OF CAVE.

from which the milk is poured high, so the air can pass through the milk and carry off the animal odor. Then pour the milk into the vat, or if you have no vat, use a large wash boiler. It is not necessary to use cheese color, but if you desire the cheese to look rich, use about a teaspoonful of cheese color to 16 gallons of milk. To mix in the color take a large dipper, fill it half full of milk, mix the color thoroughly in it and stir into the milk. Now add rennet extract at the rate of one ounce to 100 pounds or 12 gallons of milk. The milk should begin to curdle in from 10 to 12 minutes. If you use rennet tablets, take one small tablet for every five gallons of milk, or one large tablet to 25 gallons of milk. Small tablets are about the size of a dime, large tablets about the size of a silver quarter of a dollar. The rennet may be procured from any creamery supply house.

The accompanying illustrations, taken from the Orange Judd Farmer, show a home made curing room. A ventilator should be arranged at the top to allow warm air to pass out. A good curing room can be made by simply digging a cave in a clay bank where the soil is stiff enough to prevent caving in. The famous Roquefort cheese of France is cured in natural deep caves where the temperature and moisture are nearly always the same.

To add the rennet if tablets are used, dissolve the required amount in a small quantity of cold water, then pour into the milk. If rennet extract is used, mix it in half a dipper of cold water, then pour it into the milk. Great care should be taken not to have the milk at a temperature below 88 degrees when the rennet is put in, and it should not be above 90 degrees. After the rennet is added, stir gently for two or three minutes, then let stand until the curd is firm enough to cut. To ascertain when the curd is ready for the cutting insert the index finger in the milk at an angle of 45 degrees until the thumb nail touches the milk, make a slight notch in the curd with the thumb, then gently raise the finger; if the curd breaks clean across it without many flakes remaining on the finger, it is ready for cutting. A little practice will soon tell you when is the best time to cut.

Feeding Cows Before Calving. The dairy cows should be allowed to go dry for a period of six weeks before calving, says Prof. C. L. Beach, of the Connecticut experiment station.

The foetal growth at this time is quite rapid and calls for a liberal supply of nutritive food. If the cow persists in giving milk, the tax upon her system is so much the greater. The ration should contain plenty of protein rather than much fat, and also be well supplied with mineral matter. Nothing is better than pasture grass, and in winter, clover hay with bran and middlings are best. Oats and oil meal are the best concentrates at this time.

A Gallon of Cream. A gallon of cream, if well skimmed either by hand or machine, should produce from two and one-half to three and one-half pounds of butter. The cream that produces more than this is too rich, and there is apt to be considerable loss in handling it. If less than three pounds butter is made per gallon, you are handling too much milk along with your cream, which means extra labor.

A Drainage Hint. In the drainage of land the outlets are of first importance. Without these having the proper fall all drainage work is vain.

RECORDS OF DAIRY COWS.

System Which One Man Follows in Keeping Tab on the Productiveness of His Herd.

In keeping the record of the milk, we use a ruled sheet with a split column in which to record the morning and evening milking, writes H. H. Dean. We place the cow's number at the head of the column devoted to that animal. These sheets we keep in a frame with a movable glass to protect the sheet from dirt.

It is not sufficient to weigh the milk; you must know what the cow is testing in which to place samples taken from the milk. Each bottle is labeled with the number of the cow, and the label covered with shellac varnish for protection. Each milk has his own row of bottles corresponding with the cow he milks. After the milk has been weighed, he pours a tiny dipperful into the bottle belonging to that cow. In each bottle we place a preservative consisting of potassium bicarbonate and corrosive sublimate, which will keep the milk perfectly fresh for a month. The test for the fat is made once a month.

I do not know that any part of the work has enabled us to improve the record of our cows, by culling out the poor ones, so effectively as this system.

As the slips become torn or are lost it is necessary to have a permanent record. Once a month, therefore, the record of each cow is transferred into a book, one page of which holds the record of a cow for a year. There is a special column on the page for remarks, in which any important facts regarding the animal are noted down; so that if you ask me about any cow in our herd, I simply have to turn to the index and look her up. I do not think the dairymen realize what value there is in keeping a record of performance of individual cows or more of them would do it, and I think perhaps our dairymen's associations ought to do something to assist men who are willing to take up this work. I would suggest that these associations should furnish suitable scales and necessary apparatus to men who wish to keep records, and if necessary send a man to show them exactly how it is done. It might also be desirable to offer prizes for the best kept records.

MORE DEFECTS IN BOYS.

Physician Gives Results of Investigation of 100,000 Children for Traces of Poor Minded.

London.—Dr. Francis Warner, physician to the London hospital, gave an interesting address at a meeting of the National Association for the Feeble Minded, held at Denison house, Victoria, on some points to be studied in children, with a view to gaining definite knowledge as to their mental condition.

The absence of the pleat ridge from the outside ear, said Dr. Warner, was a sign of a defective child. Among 100,000 children whom he had examined, he had noticed that defective ears were five times more numerous in boys than girls.

The small mouth, so often praised by novelists, was also, said Dr. Warner, a sign of a defective child. The movements of the fingers and toes of a week-old child are spontaneous, and cannot be arrested by a sound or anything held up before its eyes. If, however, at the age of five or six months the sound of a voice or some object, such as a red ball, failed to arrest the movements for a few seconds then there was reason for anxiety.

The face, and after that the hand, afford the best index to the state of the brain. Horizontal furrows on the brows of a group of laughing boys can often be seen, formed by the working of the frontal muscles. "Go into the monkey-house at the zoo," said Dr. Warner, "and you will see the frontal muscles of the monkeys working in the same way, and the same thing can be seen in an asylum for idiots."

Has Whiskers on His Tongue. Because of the growth of fine hair on the end of his tongue Will E. Cleaves, of Biddford, Me., a leading jeweler, is losing his sense of taste, and also his power of speech. The strange case has so far completely baffled the local physicians, who say they have never known of a similar case, and admit they are at a loss to know how to treat it. Some time ago the Biddford business man discovered a very few fine hairs on the end of his tongue, but thought little of it at that time. However, they continued to grow and increase in numbers. He soon found that his sense of taste was becoming very delicate, and all his food tasted alike. He consulted local physicians who are now making every effort to kill the hair. The hair has reached such a length that Mr. Cleaves is losing his power of speech, not being able to articulate plainly.

Can't Understand It. William of Germany gets no salary for serving as emperor, his only income being for his services as king of Prussia. Some of the life insurance presidents will be unable to understand why William is willing to devote so much of his time as he does to the emperor business.

THE MARKETS.

NEW YORK, Jan. 3.

COTTON—Middling 12 1/2 @ 13 1/2

CATTLE—Native Steers 4 25 @ 5 25

HOGS—Fair to Choice 5 00 @ 5 50

WHEAT—No. 2 Hard 1 10 @ 1 15

CORN—No. 2 Mixed 5 10 @ 5 15

PORTLAND CEMENT 12 1/2 @ 13 1/2

LARD—Western Steam 12 1/2 @ 13 1/2

ST. LOUIS.

COTTON—Middling 12 1/2 @ 13 1/2

CATTLE—Native Steers 4 25 @ 5 25

HOGS—Fair to Choice 5 00 @ 5 50

WHEAT—No. 2 Hard 1 10 @ 1 15

CORN—No. 2 Mixed 5 10 @ 5 15

PORTLAND CEMENT 12 1/2 @ 13 1/2

LARD—Western Steam 12 1/2 @ 13 1/2

CHICAGO.

CATTLE—Native Steers 4 25 @ 5 25

HOGS—Fair to Choice 5 00 @ 5 50

WHEAT—No. 2 Hard 1 10 @ 1 15

CORN—No. 2 Mixed 5 10 @ 5 15

PORTLAND CEMENT 12 1/2 @ 13 1/2

LARD—Western Steam 12 1/2 @ 13 1/2

NEW ORLEANS.

CATTLE—Native Steers 4 25 @ 5 25

HOGS—Fair to Choice 5 00 @ 5 50

WHEAT—No. 2 Hard 1 10 @ 1 15

CORN—No. 2 Mixed 5 10 @ 5 15

PORTLAND CEMENT 12 1/2 @ 13 1/2

LARD—Western Steam 12 1/2 @ 13 1/2

INDIANAPOLIS.

CATTLE—Native Steers 4 25 @ 5 25

HOGS—Fair to Choice 5 00 @ 5 50

WHEAT—No. 2 Hard 1 10 @ 1 15

CORN—No. 2 Mixed 5 10 @ 5 15

PORTLAND CEMENT 12 1/2 @ 13 1/2

LARD—Western Steam 12 1/2 @ 13 1/2

LIVES LOST ON LAKES, 215

Death Took Heavier Toll Among Big Steamers During 1905 Than Ever Before.

Chicago.—Death took a heavier toll from the men navigating the great lakes during the season just closed than in any year since the coming of big boats. Two hundred and fifteen lives were lost. Of these, 116 were drowned on the ships during the three great storms of the fall. The others were lost by falling overboard and similar accidents.

In 1904 the number of death was 49, which went to the other extreme of being the smallest annual loss on record. It then was believed generally by marine men that the big steel steamers, to which the traffic of the lakes was going, were so safe that serious loss of life on board them was out of the question. In fact, vesselmen claimed that lake navigation was freer from loss of life than any other great occupation. All this was upset by the season now closing.

Last year but two sailors lost their lives in what might be called shipwrecks.

Lake Erie, which led the list as a dangerous ground for a number of years, has been supplanted by Lake Superior, on which 55 sailors were lost as compared with 40 for Lake Erie, 28 for Lake Huron, 15 for Lake Michigan, 10 for Lake Ontario, 11 for the Detroit-St. Clair river passage, and 6 for the Soo passage.

Thirty-nine fell overboard and were drowned, and 20 met death by falling into the hold. Fifteen were killed by accidents in machinery either on shipboard or on the docks, and the loss of nine lives was due to collision. Four were killed by explosions, four committed suicide and four died on shipboard from exposure or natural causes.

There is now a remedy called Mull's Grape Tonic that cures these troubles absolutely.

A full sized bottle is furnished you free to prove it—see coupon below.

Have you noticed the large number of cases of Typhoid Fever, Cholera, Typhoid Fever, Malaria, Pimples, Skin Diseases, Scurvy, Headaches, Biliousness, Piles, Female Troubles, etc., are the result of Constipation? Don't allow it to run on without proper treatment. Mull's Grape Tonic cures Constipation, Bowel and Stomach troubles in a new way, different from any other, and it is permanent.

Alcoholic, opium and morphine preparations are injurious and dangerous. They destroy the digestive organs, and literally tear the system to pieces.

Mull's Grape Tonic strengthens and builds them up. It cleanses the system of impurities, invigorates the digestive system to natural action, and cures the disease in a short time. To prove it to you, we will give you a bottle free if you have never used it.

Good for ailing children and nursing mothers.

Give a bottle to all who have never used it because we know it will cure you.

COUPON.

141 GOOD FOR ONE DOLLAR. 1279

Send this coupon with your name and address and a four-cent postage stamp to the nearest drug store and you will receive a bottle of Mull's Grape Tonic and also a copy of our book "How to Cure Constipation by the Use of Mull's Grape Tonic." The book is a great help in curing your troubles.

MULL'S GRAPE TONIC CO., 147 Third Ave., New York, N. Y.

Give Full Address and Write Plainly.

Send no money and no stamps at all. The book and bottle are yours absolutely as soon as the coupon is received. There is no catch in this offer. It is a great saving in buying two dollars.

The genuine has a date and number stamped on the label—take no other from your drug store.

We should so love that when we die our mourners will not also be our pain-bearers.

SORES ON HANDS.

Suffered for a Long Time Without Relief—Doctor Was Afraid to Touch Them—Cured by Cuticura.

"For a long time I suffered with sores on the hands which were itching, painful, and disagreeable. I had three doctors and derived no benefit from any of them. One doctor said he was afraid to touch my hands, so you must know how bad they were; another said I never could be cured, and the third said the sores were caused by the drying of my hands in water in the dye-house where I work. I saw in the papers about the wonderful cures of Cuticura Remedies and procured some of the Cuticura Soap and Cuticura Ointment. In three days after the application of the Cuticura Ointment my hands began to feel and were better. The sores disappeared, and they are now smooth and clean, and I am still working in the dye-house. Mrs. A. E. Maier, 2349 State St., Chicago, Ill., July 1, 1905."

Circumstances have more to do with us than free will.

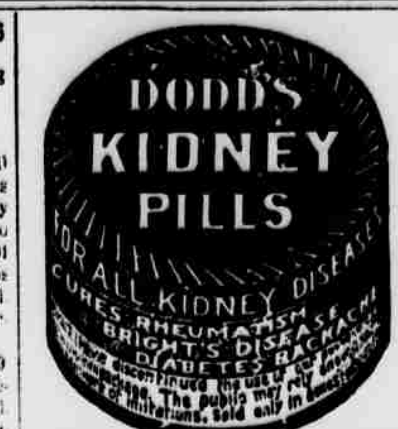
To Cure a Cold in One Day.

Take Laxative Broom Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature on each box. 20c.

Man's general trend is toward making others feel his superiority.

Lewis' Single Binder straight 5c. Many smokers prefer them to the cigars. Your dealer or Lewis' Factory, Peoria, Ill.

It takes more than a transient nature to keep up appearances.



Even the woman who stands up for her rights seldom likes to do it in an electric car.—Somerville Journal.

THE COUPON BELOW IS GOOD FOR \$1.00 IF SENT AT ONCE.

It is Wrong for You to Neglect Your Duty to Yourself—Constipation, Bowel and Stomach Troubles Grow More Dangerous Daily.

There is now a remedy called Mull's Grape Tonic that cures these troubles absolutely.

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Popular Line to the East.

The splendid passenger service of the Nickel Plate Road, the care and attention shown passengers have made it a favorite with the inexperienced as well as those accustomed to travel. Every feature necessary to the comfort and convenience of the passengers, especially ladies traveling alone or accompanied by children, is provided. Colored Porters in Uniform are in attendance to serve the wants of all and to see that cars are kept scrupulously clean. Pullman Sleepers on all trains, and an excellent Dining service, serving Individual Club meals of a la Carte at moderate cost. When traveling East purchase your tickets via the Nickel Plate Road. All trains depart from the La Salle St. Station, Chicago. For full information regarding tickets, rates, routes, sleeping car reservations, etc., call on or address J. Y. Calahan, General Agent, No. 111 Adams St., Chicago, Ill.

The man who takes life as a dose always finds it a bitter one.

Lewis' Single Binder straight 5c. Many smokers prefer them to the cigars. Your dealer or Lewis' Factory, Peoria, Ill.

A good listener is often loved for the brains he lacks.—Life.

EMACIATED BY DIABETES; TORTURED WITH GRAVEL AND KIDNEY PAINS.

Henry Soule, cobbler, of Hammond, Port, N. Y., says: "Since Don's Kidney Pills cured me eight years ago, I've reached 70 and hope to live many years longer. But twenty years ago I had kidney trouble so bad I could not work. Backache was persistent and it was agony to lift anything. Gravel, whirling headaches, dizziness and terrible urinary disorders ran me down from 165 to 100 pounds."

Doctors told me I had diabetes and could not live. I was wretched and hopeless when I began using Don's Kidney Pills, but they cured me eight years ago and I've been well ever since."

Sold by all dealers. 50 cents a box. Foster-McMillan Co., Buffalo, N. Y.

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